

ARTS & CULTURE



August 2016

WEDNESDAY THE 3RD AT 6PM
Fighting for Gender Equality in Hollywood
with Maria Giese

THURSDAY THE 11TH AT 6PM
Stonington Historical Society:
Last Voyage of the U-853
with Bill Palmer & Greg Pettys

SUNDAY THE 14TH, AT 5PM
Stonington Free Library:
A Painter's Life
with Stone Roberts

THURSDAY THE 18TH AT 6PM
Community Discussion:
BoroVision 2020: What's Next

SATURDAY THE 20TH AT 5PM
Music Matters Concert:
Roosevelt Dime

SUNDAY THE 21ST FROM 2-4PM
Free Yoga Workshop:
Yin Yoga
with Alice Despard

SATURDAY THE 27TH AT 5PM
Climbing Antarctica's Vinson Massif
with Todd Bausch

Classes at La Grua Center

Visit our website www.LaGruaCenter.org for class description and fees.

Yoga by the Sea with Casey Gash
Gentle Yoga (Tuesdays 9:30-10:30am)
Basic Yoga Flow (Saturdays 9:30-10:30am)

Stretch and Strengthen-- Maintaining Mobility and Stability; Improving Your Balance, Posture and Gait (Mondays 5:00 - 6:00 pm, Wednesdays 1:30-2:30pm)

Traditional West African Dance w/ Ashley Jones (Tuesdays 7:30 - 9:00 pm)

Beginner's Mind Yoga with Alice Despard (Thursdays 9:00 - 10:30 am)

Kripalu Yoga with Priscilla Humphrey (Thursdays 4:00 - 5:15 pm)



WEDNESDAY at 6:00PM • August 3rd
Fighting for Gender Equality in Hollywood
with feature film director Maria Giese

Maria Giese is an American feature film director and screenwriter. A member of the Directors Guild of America, and an activist for parity for women directors in Hollywood, she writes and lectures about the under-representation of women filmmakers in the United States.
Suggested donaton \$5.

SUNDAY from 2:00-4:00 PM • August 21st
Free Yin Yoga Workshop
with instructor Alice Despard



Have you ever wanted to try yoga or experiment with a longer practice? Grab a mat and come join us for this free and gentle introduction to the ancient practice of yoga. Instructor Alice Despard will lead participants in a full sequence of long held postures that promote deep physical and mental benefits.

LECTURES

THURSDAY at 6:00 PM • August 18th
BoroVision 2020: What's Next
Community Discussion



Two months ago, the La Grua Center hosted a panel discussion about the future of Stonington Borough. A panel consisting of Jeff Callahan, Borough Warden; Debbie Norman, owner of Grand & Water Antiques; and Spike Lobdell, director of NESS; and moderated by Town Director of Planning Jason Vincent, discussed the challenges facing Borough government, businesses, and non-profits. On August 18th the panel (with Sage Williams representing the merchants) returns to continue the discussion and explore ideas and processes for addressing those challenges. All Borough residents, full or part time, are encouraged to participate.
Suggested donation \$5.



SATURDAY at 5:00 PM • August 27th
Climbing Antarctica's Vinson Massif
with Todd Bausch

Please join Mystic, CT native Todd Bausch as he shares his 2015 experience voyaging to the bottom of the Earth to climb Vinson Massif, one of the most pristine and remote places on Earth, and his ambition to complete the Seven Summits. Todd's team was part of aviation history, being the first Boeing 757 to land at Union Glacier. This expedition had all of the characteristics that make a mountain journey memorable: awe inspiring views, team camaraderie, extreme weather, and a challenging climb. This talk is sure to captivate!
Suggested donation \$5.

MUSIC

SATURDAY at 5:00 PM • August 20th
Roosevelt Dime



This engaging, irresistible brotherhood of musicians traces the rich, historic tributaries of present-day Americana: blues, bluegrass, and New Orleans juke joint rhythm & blues. The members of the quartet galvanize these enduring genres with thoroughly modern electricity. Whether at festivals, arts centers, listening rooms, clubs, whiskey bars, or church basements, the band radiates a sense of community and spectacular musical interplay. Roosevelt Dime appropriated their name from a popular coin minted in 1946, so it's no surprise that they weave musical history seamlessly into today.
Suggested donation \$10.

EVENTS ARE OPEN TO THE PUBLIC.

Designated parking is in the main lot of Stonington Commons.

32 Water St, #7 • Stonington Commons • Stonington, CT • 860-535-2300